

Keeping positive for the year ahead

It is almost the end of 2020 and what a strange year it has been for us all. Who'd of thought a global pandemic would mean that our entire year would be spent locked inside with drastic reduction in holidays and social occasions. These are the sorts of things we live for, spending time with friends and family, holidays away, treating the kids etc. but instead we have had a whole year without our usual routines and interactions and in some very unfortunate scenarios many have experienced unexpected bereavements.

With all that has gone on in 2020 it can be hard to remain positive in the moment, let alone looking to the future. With 2021 just around the corner it is good to help yourself to remain positive and look forward to what the year ahead can bring, whatever that may be. Many of us hope we are over the worst of it and with approvals of vaccines it is looking more likely that this is the case each day.

Try to find the silver linings of 2020

Although it's been a tough one for us all, try to find some positivity from the past year. Did you manage to spend less money because you weren't going out as much? Were you able to spend more time at home with loved ones? Were you able to spend more time focussing on yourself? What have you learnt from your experience in the past year, perhaps to appreciate the luxuries and what's on your doorstep? As the saying goes, every cloud has a silver lining, you just need to find yours whatever it may be.

Appreciate things as they come

Look forward to and savour the moment when you're able to do something you haven't been able to do for so long, hug a family member, have a family get together, or go to the pub. This is just an example of a few things that could change going into 2021. It may not be the case, who knows what the New Year might bring but at least many of us have got over the initial shock of lockdown now allowing us to take things in our stride.

Feed yourself positivity

Manage the influences in your life to help feed your positivity. You won't be able to completely avoid negativity, but you can pinpoint sources of it such as TV/Social media and limit the amount of time you spend absorbing it. This will help you maintain a level of positivity by reducing unnecessary concern.

Start 2021 as you mean to go on

Much like getting off to a good start when starting your day, try to do the same with your year. Set yourself some goals to achieve in the New Year, or little things you would like to do more or less of. Don't over burden yourself with too many, or unrealistic resolutions, but think of the little things you would like to do more of in the new year - perhaps 2020 has highlighted a couple for you. Maybe checking in with friends more, or try to bring more positivity to others. Not only does helping others make you feel better and more positive, but by working on yourself you will feel like you're progressing in areas you wouldn't have normally considered.

Look after your general wellbeing

Looking after your general wellbeing often has a positive effect on your state of mind as it reduces stresses and anxieties, it can also make you feel more positive. Making sure you get enough sleep, have a healthy diet and exercising whether that's mind, body or both will help you feel more positive when dealing with difficult situations or prolonged periods of time. Taking this with you into 2021 will help you feel good about things making you better equipped to deal with stresses that come your way.

More information

If you would like to view the Webinar on '**Keeping positive for the year ahead**' this is being delivered live on **Tuesday 29th December at 12pm**, please use the following link to register for this session –

<https://attendee.gotowebinar.com/register/1053849321093692173>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.

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